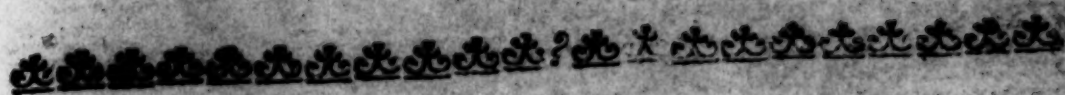
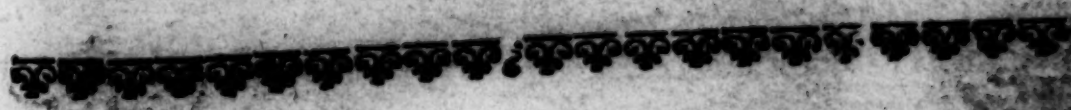


*Martin (C)*



A  
TREATISE  
ON THE  
GOUT.



[Price ONE-SHILLING.]



TREATISE

ON THE

GOD

TREATISE

ON THE

GOD

[The One Substance]

A  
T R E A T I S E  
O N T H E  
G O U T :

WHEREIN THE  
Rise and Continuance of that prevailing Dis-  
ORDER is considered, in a different Light from that in  
which other *Authors* and *Physicians* have treated it ;

Under the several Heads of

Persons most liable to the GOUT,  
THE  
F I T S, their I N T E R V A L S, and  
Manner of their P R O G R E S S.



With Reflections on the Oeconomy of the Human Body ;  
Advice for a proper Regimen ; and the most likely Methods,  
by *Physic*, to obtain, not only *temporary Ease*, but an absolute  
*Cure*.

With an Interesting P R E F A C E to Dr. \* \* \*.

By C H A R L E S M A R T I N, M.D.

*Cucullus non facit monachum.*

Let such teach others who themselves excel.

POPE.

L O N D O N :

Printed for T. CASLON, opposite *Stationer's-Hall*; W.  
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*Fleet-Street*; and T. JONES, in *May's-Buildings*, near  
*St. Martin's-Lane*. M.DCC.LIX.

THE UNIVERSITY OF CHICAGO

THE FIRST OF THESE IS THE

# P R E F A C E,

T O

Dr.

\* \* \*

S I R,

**T**HE Gout has been so variously treated of, and the accounts given by physicians, who have written on the subject, are so opposite, that a succinct idea of the disorder can hardly be gathered from their labours.

*To a gentleman of your great sagacity this will not appear strange, especially when you reflect on what Mr. Pope says, though on a different occasion,*

*A little learning is a dang'rous thing,  
Drink deep, or taste not, &c.*

*The*

# THE REGISTER OF THE GOVERNMENT

WHEREIN THE

His Majesty's High Court of Chancery  
doth certify that the following Bill  
has been presented to the House of Commons  
and that the same has been read twice

and that the same is now being read a third time

And that the said Bill is now being read a third time  
and that the same is now being read a third time

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The

*The great Mr. Locke has certainly made more fools, in point of philosophy and reasoning, than improved the innately sensible (if I may be allowed the term) in their intellects. Sydenham, Mead, and others of later eminence, have done the same in physic: a twi-light knowledge of Anatomy and Osteology, assisted by a few technical terms, can enable the most illiterate to present the world with a treatise, or dissertation, on any disorder, to which the human system may be liable; or that the ingenuity of the writer can invent; to the no small satisfaction of the pastry-cooks, chandlers, &c. within the sound of St. Paul's bell, and that long retailer of literary ware, the trunk-maker at the corner.*

*Your assiduous application to the science, your unrival'd genius, and extensive*

( vii )

*tensive learning, induced me to lay this essay at your feet : what I herein recommend, I have found, by repeated practice, to be effectual ; and should this attempt meet with your approbation, my end in publishing it will be obtained ; since my highest ambition is thus publicly to declare, with what great respect and sincerity,*

*I am, S I R,*

*Your very humble Servant,*

**Charles Martin.**



**A**

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and gratitude,

I am, Sir, 2. 1. 2.

Charles Martin



A  
T R E A T I S E  
O N T H E  
G O U T.

**P**ERSONS afflicted with the gout may be, and perhaps are, in a perfect degree of health, as it consists in the contractions of their solids, and the resistance of the circulating fluids, bearing an exact proportion each to the other; yet at the same time there are, intimately mixed with the blood, particles, which, upon divers occasions, may be separated from it, and  
B produce

The state of persons of gouty dispositions.

produce the disease under our present consideration.

Of the salts  
in the blood.

The salts with which the blood is impregnated are, by the great Mr. *Boyle*, said to be of two kinds, *viz.* A marine salt, which contains an acid; and a volatile alcalious salt, which will foam and ferment with an acid; so long as these salts continue to be in due quantity, and are, with the sulphurs in the blood, kept in a kind of fusion by the elastic force of the solids, the person will remain free from the gout; but when the blood becomes overstocked with them, and they are by any means coagulated, they are then separated from the blood, occasion an hurry and disorder in the frame, and  
are

When fix'd  
and coagulated,  
they compose the gouty  
salts.

are critically cast upon the joints of the extremities particularly, there forming the gout.

As to the causes of their separation from the blood, and forming a fit (the next thing offering itself to be considered) they may be reduced to these, *viz.*

Of the divers ways the salts may be separated from the blood, and induce the gout.

*First,* To a want of that due heat and motion which is necessary to maintain them in a state of perfect mixture, whereupon their principles disengaging, these bodies contract an ill disposition, and acquire an acidity and a putrifying heat; and when they can be no longer governed by nature, they break out into a species, and fall upon the joints, producing

ducing great pains in the ligaments and membranes covering the bones. Or,

From acids  
conveyed by  
the air or food.

*Secondly*, By the accruing of some adventitious acid to the blood, occasioning a luctus or fermentation with the volatile alcalious salts, thereby fixing and coagulating them and the other salts in it ; which may be produced either by the mixture of the acid particles of the air with the blood, or from acids taken into the body. These are the several means whereby a coagulation and separation of the salts in the blood are performed, and a fit of the gout brought on ; which leads me to speak of the particular manner how fits of the gout are formed.

The

The blood contains a volatile alcalious salt, which ferments with an acid; consequent to which fermentation, a violent motion is induced in the mass, whence a fever or feverish disposition is raised, such as constantly accompanies the coming on of a fit of the gout. And as it is the operation of all acids to fix and coagulate volatile alkalies (as it is manifest they do from ordinary experiments, and from divers chymical preparations) so is it highly reasonable to believe that as the blood abounds with alcalious salts, both volatile and fixed, that some more powerful acid than ordinary, gaining admission into the blood, or acquired by the want of due motion of the princi-

The manner of the formation of the fits of the gout.

principles in the blood, should fix the volatile alcalious salts, in it, so rendering them an annoyance to the animal functions, by forming them into clusters too gross for a free circulation ; it is therefore not at all strange that these inactive combined salts should be driven out and lodged in the extremities ; and whenever the gouty salts crowd into the small tender vessels, in sufficient quantity to stretch them, so that they cannot suffer any farther distention ; and are incapacitated to transpire, by reason a perfect digestion of them is not yet accomplished, it is no wonder that the vessels should burst, and deposite their gouty contents upon the ligaments of the joints,

joints, as is often seen, in the similitude of chalk-stones.

Thus are fits of the gout formed, whether from an acquired acidity by rest, or the admission of potent acids into the blood by the food.

Hence is seen the reason why Rhenish, small *French*-wines, &c. when drank by people of gouty dispositions, soon produce a fit.

In the intervals of fits, the patient is altogether in the same condition as has been said above, concerning persons of a gouty disposition; except in those labouring in the last stages of an irregular gout, for as the natural powers of those who have  
The state of persons in the intervals of fits of the gout.
been

been long and much afflicted with the gout are more impaired, so the returns of the fits may be more frequent, and formed upon more slight occasions, and the lameness caused thereby remain longer than in the case of regular gouts; but otherwise the difference between those in the intervals of fits and healthy people is indiscernible: whence it is that if a person falls ill of any other distemper in the intervals of the gout, evacuations are made, and medicines are exhibited as are judged suitable to that particular distemper, without any regard had to the gout.

Thus having concisely mentioned as much as is necessary to enable any one to form a just  
 notion

notion of the state of gouty persons, and of the disease; so that a clear judgment may be easily made of any remedy or remedies which may be offered toward its cure; I shall proceed to treat of the means of cure, and of some peculiar remedies for the obtaining so desirable an end, which are founded upon experiments, and have been confirmed by a most successful practice.

From this view taken of the gout, the curative intentions must regard the time of a fit, or the intervals of fits.

The curative intentions regard either the time of a fit, or their intervals.

In a fit they are twofold; *First*, To assist nature in the procuring the gouty salts and  
C humors

The curative intentions, what.

humors to be thrust on the  
 extream parts ; and *Secondly*,  
 To assist her likewise in the di-  
 gesting the gouty salts which  
 obstruct the small vessels com-  
 posing the glands in the joints,  
 &c. so fitting them for expul-  
 sion by transpiration. But the  
 only time afforded to set about  
 eradicating the disease, is in the  
 intervals of fits ; and the in-  
 tentions then to be pursued are,  
 the correction of the coagulat-  
 ing acid, and the resolution of  
 the gouty salts (which are in the  
 blood, and have not yet been  
 flung upon the extremities, as  
 well as those which have been  
 returned into the habit during  
 a fit) to such fineness, that they  
 may be detached quite out of  
 the

No time al-  
 lowed to at-  
 tempt an abso-  
 lute cure of  
 the gout, but  
 that of its in-  
 tervals.

the body by the perspirable and other outlets.

The peculiar remedies to effect the same, I shall proceed to treat of.

Reason and method require that we first of all consider a fit of the gout as already formed, for from thence the disease has its appellation.

It is evident from what has been said, that this disease has for its immediate cause the separation of superfluous and heterogeneous particles from the blood with which they circulated intimately mixed, both

The immediate cause of the gout, what.

before the formation of a fit, in persons of a gouty disposition; as did they likewise in the intervals of fits; but when by any of the recited means a coagulation and separation of them is caused, they are thrown upon the extremities of the limbs, there constituting the gout.

To get rid of which, let us be informed of the true method nature takes; whereby we may be probably led to a knowledge in what manner to imitate and assist her in the work, by art; promoting thereby her endeavours, and hastening that effect which at length might be produced without such aid, though with much greater security,

curity, and more effectually so assisted.

The coagulated gouty salts, though separated from the blood, are mixed with and attended by the coagulating acid, to the places whereon they are cast ; manifested by the gnawing, burning pain endured upon the fit's accession: this, with the alcalious salts it accompanies, obstructed in their passage, by the narrowness of the small vessels in the extremities, stagnate ; upon which a conflict between the acid and these salts arises in that part (such as did at first in the stomach, &c. upon the admission or separation of the coagulating acid therein ; whence the crudities, belch-

Nature's method of digesting the gouty salts in the extremities explained.

belchings, and distention of that organ, with the puffing up of several parts of the body with wind, which are generally observed to precede a fit of the gout: afterwards the same effects of a fermentation is observed in the larger blood-vessels, especially those passing down the thighs; whence the complaint of a sensation like that of the descent of wind through the flesh of those parts toward the extremities, convulsive twitches, swelling of the veins, numbness, &c. the certain fore-runners of an immediate fit.) By the conflict of these salts of different natures, the most subtil, active particles of the acid humor are raised in fumes and steams, which

which pierce the coats of the including vessels, creating most intense pain ; the surrounding parts are by degrees puffed up and distended, to afford room for these fluctuating bodies, and when matters are come to this pass, the pain remits, and the fit goes off ; thus at length the gouty salts lodged in the extremities are digested to a fineness suited for immediate transpiration at the part, or at least to a smallness sufficient for their passage through the including narrow vessels ; in like manner as the food is digested and made chyle in the stomach, *viz.* by means of an acid humor, heat, and the tonick motion of the including parts ; which performed, all pain ceases, and

and a solution of that fit follows.

An argument for the concurrence of an acid in the digestion of the gouty salts in the extremities in a natural way, may be taken from Dr. *Sydenham's* observation, That, “ in  
 “ this disease, pain is nature’s  
 “ most bitter medicine; for  
 “ the more violent it is, the  
 “ sooner will the fits pass over,  
 “ and the interval will be  
 “ longer and more perfect;  
 (because digestion has been more effectually performed by means of the attending acid, which has been observed above to be the chief occasion of pain; though the endeavour of the combined gouty salts to pass through

through tense and narrow vessels must contribute thereto)

“ and, on the contrary, the  
 “ lighter is the pain, the longer  
 “ will be the fit, and shorter  
 “ the interval.”

Furthermore, in proof of what I have urged concerning the digestion of the gouty matter lodged in the extremities by an acid, as the main instrument ; let me observe that the gouty chalk-stones which are sometimes left upon the joints, after fits of the gout, though they incumber, and render motionless the part, yet give no pain to the place of their residence ; and the reason seems to be, because the acid humor, which at first caused the sepa-

The gouty concretions on the joints how formed.

D

ration

ration of the gouty salts from the blood, and accompanied them to the extremities, being over-powered and destroyed by an over-proportionate quantity of the alkaline salts, in the mentioned fermentative conflict, they are left as a mass of a mixed nature (and therefore I suppose by some called tartarous) most fixed and permanent; but without any possibility of causing a painful sensation, for the reason above assigned: if the acid humor had been in greater proportion to the alkaline salts; so thorough a digestion of the gouty matter would have necessarily followed, that those concretions (called gouty chalk-stones) would never have been formed at all; except in the  
case

case of extravasation, where the vessels are supposed to be burst by the crowding in of a too large quantity of the gouty salts, before a perfect digestion of them is performed.

The gouty salts being collected in the extremities of the limbs, what should hinder an outward application (whose specific virtue is to reduce bodies of their peculiar composition to a subtilty fit for transpiration, and which at the same time is applicable to the part affected) from exerting its full force and power in digestion of the gouty matter, in conjunction with the acid humor accompanying that matter? Let us consider like-

The reasonableness of a topical resolutive application to the parts affected, in time of a fit, shewn.

wife, that be the seat of the collected gouty salts deep as can be imagined in the extremities of the limbs, yet cannot be much beneath the surface of the skin ; except in the case of a great swelling (which does not happen 'till the fit is going off, when nature has so far conquered the disease, by digesting the offending matter, that is is ready to pass off by transpiration, or else to be returned upon the habit) and in this case the tumor, instead of being an hindrance to the passage of the remedy to the gouty salts, renders it still more easy ; the parts at that time imbibing more readily whatever is applied, (especially if it be in a fluid form) for in this state of distention

distention and puffedness, they are spongy, and of a more loose texture; therefore both before and at the time of their distention it is seen that the remedy may arrive at the gouty bodies, and that without suffering any alteration.

Hence, that a remedy may come to and act upon such bodies whilst contained within the parts in the same manner as they would, were they taken out and subjected to its more visibly immediate power, is incontestable: and that the topical medicine which I am recommending to be used in the time of a fit, is endued with such a resolute property when applied to gouty matter, is manifest,

The proposed topical medicine specifically resolute of the most compact gouty bodies.

nifest, in that it reduces to the greatest subtilty imaginable, even to a vapour, the hard stony concretions which are sometimes cast off in fits of the gout, (the matter of which, while circulating with the blood, was the parent of the disease, and, when deposited on the joints, is the disease itself.) To the truth of which fact I have many witnesses of greatest probability. Since therefore it is capable of acting so powerfully upon these firmly - compacted stones, how much more likely is it to be effectual in resolving bodies of the same composition, but, of a more yielding texture? which is the true nature and state of them while they remain intra vasa, though  
when

when extravasated the more moist part evaporating, leaves what cannot so transpire, an union of particles most fixed and permanent.

In the next place I will speak of this topical remedy as introduced into practice; and herein I shall observe in what manner it acts when applied to the affected parts, by which it will be freed from any liableness of being suspected either of uncertainty or hurtfulness.

First then, when the part in which the gouty salts are contained is embrocated therewith, a puffing up of that part soon follows, upon which the patient enjoys the ease that is experienced

The action of this remedy, and nature's method of digesting the gouty salts, compared.

perienced by the like swelling observable upon the fit's going off in a natural way, and as a fit of the gout when left entirely to nature's course, goes off with an itching and scaling of the part, so does it in the solution of one by this application, but in a much shorter time. Thus is the termination of a fit by this means effected most adequately to nature's own method of dealing with the gout, with this considerable advantage on its side, that whereas in a solution of a fit of the gout, when left to nature's working, such part of the gouty matter which is not digested to a fitness for transpiration, is either left on the joints in chalky Nodes, or returns upon the  
habit

habit in combinations too gross to be expelled by the organs of excretion ; producing as they happen to be excited, fresh fits ; by the assistance of this application no part of the gouty matter remains undigested, or returns, but what is reduced to so great a degree of subtilty, that such of it as does not immediately transpire, gains its exit at any of the natural out-lets to which it is presented in the course of its circulation, even if its evacuation was not promoted ; but in the method I pursue, its discharge is procured by internal medicine, which gently promotes the perspirable and the other excretions in a most easy and effectual manner, thereby freeing the body from

E

any

any further annoyance to the animal functions by the gouty salts.

The fear that the gouty matter by this application may be translated from the extremities to the stomach, &c. obviated.

Hence appears the groundlessness of any fear, that the gouty matter may by this method be translated from the extremities and flung upon the stomach, brain, &c. Which indeed would be greatly endangered by any application that discusses the gouty matter previous to its resolution; but where it is reduced to such a state, as has been described, all jealousy of such sort vanishes.

From the whole, it is seen, that the intention to be satisfied in time of a fit, is a digestion  
or

or resolution of the fix'd gouty salts deposited in the joints, that they may pass off by transpiration, &c. It has likewise been shewn, what method nature takes; first, in freeing the animal functions from the annoyance of the fixed and coagulated salts, *viz.* by depositing them upon the joints of the extremities, there forming the gout: And secondly, during their residence there, the true means and instruments she uses in digesting the gouty matter to a fineness suited to immediate transpiration, at the part, or at least sufficient for their protrusion through the small vessels into the habit again, so far broken that they may freely, and without interruption, circu-

late with the blood, till such time as by their re-accumulation, or being separated from it again, they form fresh fits; all which, compared with the described action of the proposed external remedy, in a fit of the gout, proves it to be nature's great assistant in digesting and resolving those annoying bodies in a shorter time, and much more effectually than could be done without it.

Certain remedies for the effecting an absolute cure of the gout, recommended.

But since an absolute cure of the gout can be attempted at no other time but in the intervals of fits, I shall proceed to speak of remedies to be used at such times: and here, if we reflect upon the remote causes of the gout, and the state of persons

persons of such an habit, it is plain that they must be endued with the properties of restoring nature to the regular and due performance of all her offices of concoction and digestion, &c. and the strengthening the debilitated fibres of the vessels, &c. in the last scenes of digestion; that by their elastic tonic powers, those bodies may be broken small enough to pass off with the matter of insensible transpiration, which otherwise by being retained would load the habit, and lurking in the fluids wait only for some or other of the mentioned causes of separation from it, to form a fit of the gout.

The

These remedies used by persons of gouty dispositions, prevent the fixation of the salts in the blood; and in the intervals of fits answer every intention necessary to effect a perfect and absolute cure of the gout.

The remedies I am here recommending, added to the recited properties, are effectual likewise in the destroying the corrosive acid which would cause the fixation and separation of the salts in the blood, and the resolving and extirpating the already fixed gouty salts: if they are used by persons of gouty dispositions, they will, with the utmost certainty, prevent the fixation of the salts in the blood, so preserving the person from the attack of a fit.

In a fit they assist nature in casting the gouty salts on the extremities and in their digestion, and expulsion by transpiration, &c. And,

In

In the intervals of fits, they recover and strengthen the weakened digestions ; give new force and firmness to the debilitated fibres, producing thereby an accelerated motion and warmth to the languid blood, and an entire renovation of the springs of life ; preserving all the organs of excretion in such state, that their fæculencies are in due time and order carried off : they are endued with a specific property of resolving the gouty salts which lurk in the fluids, and have not yet been separated from them, as well as those which were returned into the blood and habit, upon the solution of preceding fits ; to such a fineness, as that their  
exit

exit are actually procured, at the perspirable and other outlets: they defend those salts in the blood which are necessary for the important purposes of animal action from a liability of being fixed and coagulated by any of the forementioned means. These are the certain effects of the anti-arthritic remedies I strenuously recommend the use of; in the detail of their virtues I have not exceeded in the least the bounds of truth (as the extraordinary good success constantly attending the use of them has testified) but can justly say that I have omitted to give them due encomium; in a word, they are absolutely endued with a power of accomplishing every intention in  
this

this disease, both preventive and curative.

For the time of continuance in the use of remedies in the intervals of fits, take the advice of Dr. *Sydenham*, who in his treatise of the gout says, “ This  
 “ must be first taken notice of,  
 “ and chiefly observed above all  
 “ things I am about to mention concerning the cure of  
 “ the gout; namely, that all  
 “ digestive or resolute medicines whatsoever, are not to  
 “ be taken up by the bye, but  
 “ must be used constantly and  
 “ daily with the greatest diligence: for whereas in this  
 “ disease, the cause of it has  
 “ passed into an habit, and as  
 “ it were become a new nature :  
 F      “ ture :

*Sydenham's* advice concerning the time of continuing in the use of medicines of a resolute nature.

“ ture : no man in his right  
 “ senses can think that some  
 “ small and short alteration,  
 “ super-induced upon the blood  
 “ and humors, can perfect the  
 “ cure ; for the whole habit of  
 “ the body must be changed,  
 “ and the whole man must be  
 “ as it were new-framed : for  
 “ this habit being chiefly found-  
 “ ed, and consisting both in  
 “ the weakness of all the di-  
 “ gestions, and in the want of  
 “ the natural strength of the  
 “ parts, we must provide against  
 “ both these ills, and the  
 “ strength of concoction, as  
 “ well as the soundness of the  
 “ parts, must be reduced and  
 “ restored gradually to the for-  
 “ mer state and oeconomy of  
 “ the body. It is manifest  
 “ there-

„ therefore that he that endea-  
 “ vours to cure this disease,  
 “ ought to make it his business  
 “ to change the habit of his  
 “ whole body, and to restore  
 “ its old constitution, as much  
 “ as age, and other circum-  
 “ stances will permit; which  
 “ must be endeavoured in the  
 “ spaces between the fits; not  
 “ when the fits are on, for  
 “ when the fomes is not only  
 “ generated, but now is cast  
 “ upon the joints, it is too late  
 “ to strive to change it, or to  
 “ cast it out any other way, for  
 “ it is to be ejected by no other  
 “ method than nature points  
 “ out.”

I shall in regard to meats and Of diet and  
exercise.  
 drink, only advise in general,  
 that

that the food be such as is of an easy digestion; and in quantity such as the stomach can easily digest; for by more, the disease would be heightened; and on the other hand, from a too great abstinence, the constitution will be robbed of its due support and vigour, which are equally hurtful. As to drinks, such are to be chosen that are neither as strong as wine, nor as weak as water; the first ex-  
 tremum exagitating the fomes of this disease, and perverting all the animal functions; but the latter, by extinguishing the natural heat, so necessary to be maintained for the duly performing the work of digestion, produces the greater evil of the two; not pain, as wine does, but death itself.

F I N

